

## Teaching Staff Continued

to vital Health.

**Nancy Goodstein** began her yogic practice with Alan Finger. It was when Nancy practiced Ashtanga with Dena Kingsburg though that she felt she'd found a physical practice as rewarding for her as what her early studies had been, and it became her path. Dena later guided her to India where she was introduced to Guru Pat-tabhi Jois, whom Nancy now refers to as her teacher. Teaching Ashtanga yoga is one of Nancy's greatest joys.

**Scott Hobbs** first started practicing yoga in 1977 and has been teaching Iyengar Yoga since 1981, after completing Iyengar teacher training with the legendary Martyn Jackson. Scott has studied yoga with B.K.S. Iyengar in India and his senior teachers in the US and around the world. He is past president of the Iyengar Yoga Association of Southern California and, in 1984, he founded the Iyengar Yoga Institute of Los Angeles. Scott's classes not only feature his many years of expertise but a healthy dose of humor as well.

**Russ Pfeiffer** teaches anatomy for teacher training programs throughout the US. He approaches anatomy from a holistic and integrated perspective, drawing from the depth of his trainings across the spectrum of body-mind disciplines and presents technical information in an engaging, practical and entertaining manner. Russ' method of teaching yoga is grounded in sound anatomical understanding of the body from his 15 years experience as a bodyworker and Rolfer. His yoga studies, mostly through the Iyengar system, have been comprehensive and diverse within a variety of styles. He has studied with numerous teachers including Richard Freeman, Dona Holleman, Shandor Remete, Rodney Yee, Manouso Manos and Lisa Walford.

### CLASS DATES AND TIMES

Saturdays and Sundays, 9am - 6pm, 2/4 through 4/29/12

#### About the Studio

The Yoga at the Village philosophy is: "Introduce your body to your mind, they just might like each other." Have fun. Be creative and joyful. Embrace the moment. Find patience... for you! That's all we ask.

## Registration

Complete course fee is \$2,200 for thirteen week-ends, \$2000 if paid in full prior to January 15, 2012. An application fee (non-refundable) of \$200 is due before January 15, 2012, which will be applied toward your course fee. If possible, complete payment should be received before the first day of the course. Payment plans are available. Refund policies are in detail on;ine. Please review.

Please reserve your space by sending a check for \$200, along with a completed application form (available at the studio, or downloadable at [www.YogaAtTheVillage.com](http://www.YogaAtTheVillage.com)) before January 15 to: Yoga at the Village, attn: Teacher Training Program, 1306 Sonora Ave., Glendale, CA 91201.

Upon receipt of your application, you will be notified regarding your entrance interview and additional information will be forwarded to you at that time. If space does not permit or if the course is cancelled for any reason, your money will be refunded. Your course fee includes free unlimited scheduled classes at Yoga at the Village for the entire instruction time of the program (three months of unlimited classes costs approximately \$500).

For information about payment plans, please call 818-265-9833, or e-mail us through [www.YogaAtTheVillage.com](http://www.YogaAtTheVillage.com). If you don't have online access, please call and we'll be happy to mail you an application. Again, all forms and the \$200 application fee are due by January 15, 2012. Acceptance into the program will be based on availability.

# Yoga Teacher Training: A Journey to Discovery

## Winter Spring 2012



1306 Sonora Ave.  
Glendale, California 91201  
818.265.9833  
[www.YogaAtTheVillage.com](http://www.YogaAtTheVillage.com)



Registered Yoga School

\*This 200-hour program meets the professional yoga teaching standards as set forth by Yoga Alliance<sup>SM</sup>

(You do not need to be an aspiring yoga teacher to take this course.)

## *Our Philosophy*

All established yoga traditions point to the same underlying Reality, but they each come from their own, intrinsically valid, philosophical perspective. This course is designed to provide an harmonious exploration of both the deeply unifying aspects of various Hatha Yoga traditions, as well as their fundamental differences, in a respectfully adventurous format. Whether you're interested in expanding your understanding of yoga or would like to become a teacher some day, we'll provide an inclusive experience that will present the central information on living a yogic life, as well as leading safe and well structured, eclectic Hatha Yoga classes.

### ***Our Intention***

Yoga at the Village is honored to once again present a unique Expanded Study and Teacher Training course for enthusiastic practitioners, as well as potential instructors. **You do not need to be an aspiring yoga teacher to take this course.**

A consistent personal practice of yoga postures and breath meditation, as well as an awareness of bio-mechanical principles and their spiritual connotations, provide the central tools to enhance your life as a yoga practitioner, and to teach Hatha Yoga to others.

We provide prospective, dynamic Hatha Yoga teachers with excellent vocal, physical and technical skills.

## *Our Curriculum*

The Yoga at the Village curriculum meets the professional yoga teaching standards as set forth by Yoga Alliance<sup>SM</sup> The course will include:

100+ hours of eclectic Hatha yoga classes, representing and exploring different styles and traditions.

25-30+ hours of instruction on principles of demonstration, assisting, critical observation and adjustments, essential qualities of a teacher, and the business aspects of teaching yoga.

30+ hours of yoga philosophy, lifestyle applications, and the ethics of teaching yoga.

20+ hours of practical anatomy, physiology and bio-mechanics.

10+ hours of practicum, which will include practice-teaching, giving and receiving feedback, and assisting others while teaching.

**\*\*Attention will be placed on teaching you to 'think on your feet' and how to handle the 'unexpected' in class. It's all going to happen ;-D**

## *Teaching Staff*

**\*Elyse Briggs, ERYT 500, NCTMB, Co-Director** is the owner of Yoga at the Village, and the vital-force in building a community that celebrates and benefits all its participants. She is Nationally Certified in Therapeutic Massage & Bodywork, holds a License in Massage Therapy, and is Certified and Nationally Registered to teach both Massage and Yoga Therapy.

**\*Carl Dawson, ERYT 500, Co-Director**, practiced Yoga for more than 30 years, and has taught for 25. Trainings include: Center For Yoga (White Lotus) Teacher Trainings 1983 & 1984. IYILA ongoing Teacher training 1987-1992. Held public class at: The Center For Yoga 1985-2004. IYILA 1988-2002. Yoga Body & Spirit 2002-2008, Yoga At The Village 2005-2010. Attended workshops with the following Senior Yoga Instructors: Ganga White, John Schumacher, Mary Dunn, Dona Holleman, Maty Ezraty, John Friend, and others.

**Leslie Bogart** is certified to teach in the Viniyoga tradition. She has worked with people with physical and emotional ailments as a Registered Nurse since the 1970s. Leslie began practicing yoga in 1982, and received her first certification to teach yoga in 1985. In addition to working for a physical therapist, Leslie continued her studies with different yoga teachers, soon immersing herself in Yoga as therapy. She focused on the teachings of Krishnamacarya and Desikachar, mostly as taught by Gary Kraftsow, and has completed his Yoga Therapists' training.

**Guy Gabriel, ERYT 200** began his studies over a decade ago at the Taoist Institute studying Shaolin Kung Fu and Taoist yoga and meditation. He is a certified Ayurvedic practitioner having completed a two-year program at the California College of Ayurveda (CCA). Guy is a member of the National Ayurvedic Medical Association (NAMA) and California Association of Ayurvedic Medicine (CAAM). He loves to teach Yoga's sister science Ayurveda for a complete path